

NUTRITION & PHYSICAL ACTIVITY POLICY LEADERSHIP GROUP (NPA-PLG)

DOH CENTER POINT OFFICES
11:00 AM – 3:00 PM JULY 20, 2005

MEETING MINUTES

ATTENDEES:

Mike O'Sullivan
Donna Johnson
David Levinger
Dave Janis
Sally Fitts
Louise Carter
Clif Finch
Kristen Richmond

Rob Johnson
Craig McLaughlin
Leslie Zenz
Shelly Curtis
Lynne Shanafelt
Vicki Kirkpatrick
Dolores Rossman
Fred Romero

Wayne McLaughlin
Victor Colman
Martha Peppones
Jane Moore
Laurie Lippold
Eric Hatzenbuehler
Teresa Mosqueda
Rhoda Donkin

I. INTRODUCTIONS

Some of us were together last fall when this process started and there were some new faces around the table. We went around the table to hear each participant identify their **personal** and **professional** interest in the NPA Policy Leadership Group, which could be grouped into several overarching categories:

increasing physical activity opportunities; supporting enhanced nutrition; improving children's health; an improving overall community health.

II. SUMMARIZE NPA-PLG EFFORTS TO DATE

Kristen summarized that this group is a statewide public/private partnership to develop a state, local, regional and private policy priorities for Washington State. The group first met last October 2004. This is our first meeting in 2005. Kristen referred to the policy prioritization summary that was completed last year to orient folks to the work that has already been done.

Discussion:

- Members from last year agreed that a real value of the group was that they were able to **learn** from each other, gather **information and understand and even support** one another's efforts during the legislative session.
- The policy prioritization that the group developed late last year was deemed very helpful and allowed each participant to take the information back to their organization and build support for certain bills.

III. REFLECTIONS: NPA-PLG – IMPACTS TO DATE

Mike reviewed the NPA PLG **Monday Meetings** that took place every week during the state legislative session at 10:00 am. Though attendance at these meetings first increased mid-way through session and dropped off towards the end, the information that was shared allowed people to keep updated on bill progress in a timely way. The meetings provided the opportunity to improve **communication** on policies at the ground level and allowed attendees to notify the group if they were, or were not, going to be able to support a bill during the hearing process. This was helpful because everyone was on the same page and there were few surprises. The group agreed that honest discussion on who is able to support a bill is very important.

SB 5186 was discussed in some detail. 5186 was a great theme bill for NPA PLG because everyone had an interest in the outcome of this bill. However, city planners were concerned about how it would impact their workload and budget. There was confusion near the end of the session due to fear of implementation and cost. It was noted that this kind of worry could have been avoided if, in this case, the planning sector, were engaged in this NPA-PLG process and then proactively discuss ways to improve the bill and work on common language.

While Parks and Rec. feared that certain sections of the bill would cause them to have an open-door policy with no compensation; their involvement in this process allowed them to outline their concerns to the other stakeholders. That is one tangible example of how a statewide collaborative like the NPA PLG proves helpful - to discuss and draft bills with buy-in and support from all affected parties.

DECISIONS:

- Continue to have Monday morning meetings next state legislative session.
- Continue to encourage **planners** and **transportation** folks from **cities and counties** to participate in meetings and NPA PLG process so priority bills can go through more smoothly. This collaboration will break down barriers, remove middlemen and allow us to hold hands on common bills. We could address concerns regarding unfunded mandates.
- Because everyone comes with diverse backgrounds and priorities, this group could have a conversation/presentation on “**how a bill becomes a law**” as a refresher course. If legislation is a priority for NPA PLG, it would be good to know how to provide input during the drafting of a bill and how to track a bill.
- Because 90% of legislative work is decided before December 10th, we need to start talking with our **stakeholders** about priority bills to ensure there are limited negative impacts related to bills we support, and allow them to provide input on bills.

IV. LOOKING AHEAD: STATE GOVERNMENT INITIATIVES – AN UPDATE

Vic provided an update on the Governor’s new performance measures policy: GMAP (Government Management, Accountability Performance). Details can be found at <http://www.governor.wa.gov/priorities/policy/gmap>. Physical activity and nutrition has already been mentioned as one possible issue that may be vaulted in the GMAP “spotlight” at some point in the future.

Vic also explained about the emergent healthcare priorities for this Governor
<http://www.governor.wa.gov/priorities/policy/healthcare>:

1. Containing Cost
2. All Kids Get Covered
3. Healthy Washington

Healthy Washington is all about **prevention and is convened by the State Department of Health**. This could be a venue to influence the Governor's priorities and the NPA-PLG could play a reference role for policy development and goal setting.

Discussion:

- Clif Finch noted that this is a golden opportunity to influence the State's policy priorities. If we can roll our priorities into these policy development processes, our goals could become the State's goals. Not only is there a ripe *political opportunity*, this group has a *vision* of how to achieve a Healthy Washington. This is a perfect time for this group to develop some concrete ways to influence the Healthy Washington discussion.

V. LOOKING AHEAD: FUTURE ACTIVITIES -- DISCUSSION

This is where some real brainstorming took place. Vic led the conversation by outlining the various paths the group could take. We discussed how the group could define our role and influence policies regarding nutrition and physical activity. The conversation covered how we could create a clear long-term policy vision for the PLG, develop a policy roadmap to achieve the vision, support local level policy needs, and develop a set of policy principles.

Discussion:

■ NEW AREAS:

It was noted that the policy priorities from last year do not include **children younger than kindergarten** age and are not inclusive of the **senior population's needs**. We should be inclusive of these groups' needs, and work to improve **mental health** and **community health** in Washington. Stress and illness are directly linked to inactivity and poor nutrition.

■ PARTNERSHIP POTENTIAL:

It was suggested that NPA PLG might want to consider partnering with "**Priorities for a Healthy Washington**" a policy group concerned with environmental affects on the health of Washingtonians. The mission of the group is to "protect Puget Sound, promote sustainable building, reduce pollution from cars and protect kids' health" (www.environmentalpriorities.org). Organizations within NPA PLG could propose a policy idea and a half-baked campaign plan to the environmental group. Attendees seemed to think that, at this juncture, it might be better to look at their **process as a model** as it might be premature to present our collective policy ideas now to another broad coalition. However, we are working on similar issues so we could figure out how to collectively work on policy positioning in the near future.

■ FEDERAL POLICY:

It was suggested that the group should consider integrating the **federal policy level** into our work. Others indicated that this would require other representation and much more time to assess and influence policy development at that level. We had some discussion around how to make federal policy information more available to the local/community level. We will

continue efforts at the **state, local, regional, and private levels**, and do so with a watchful eye on federal level policies that may influence our policy priorities.

■ INFLUENCING “HEALTHY WASHINGTON:

More discussion was held on the Governor’s Health Care agenda. Since there are no pre-conceived ideas for how to develop the **Workplan for Healthy Washington**, this could be a wonderful opportunity to focus that emergent group on integrating state policy development with **community level needs**. We need to educate policymakers on local barriers and roadblocks that communities face when trying to create NPA policies. We can look at how NPA PLG could play a role in becoming a pivot point between state and local entities - we could inform the policy development process on both sides. There is only a limited window of opportunity to influence the Healthy Washington focus.

■ DEVELOP PRIORITIES:

We could **develop policy priorities** that this group could get behind and support. We each have our own agencies and different needs, but our goals are similar. We should agree on **a set (5-10) of policies** that this group can agree upon. For each policy we could provide detail on how stakeholders will benefit from the recommended action. We can work with community groups to identify one or two local barriers/obstacles and indicate how these policies will improve health at the local level. These recommended policies would provide interested policymakers with a potential agenda.

■ CREATING A ROADMAP:

We could develop a **roadmap** that this group could use to assess both process measures and outcome measures. The roadmap could be comprehensive, including implementation and enforcement recommendations on our policy principles. We could focus on achieving community benefits at the state, local, regional and private levels. Process measurements (such as the number of schools that are requiring regular physical activity) will be important markers. We could go to the Governor with this **prevention strategy** and concrete analysis to back up the plan, and pitch a certain policies that would provide benefits for the different layers (state and local) we are trying to support.

VI. BEGIN THE WORK – DISCUSSION (BASED ON THE ABOVE CONVERSATION)

DECISIONS:

- Set a date to talk with the **Healthy Washington** planning committee. This will allow us to talk to our respective organizations and decide how to best participate in the process.
- The Washington State Nutrition and Physical Activity Plan should be considered if we are going to create some policy priorities for NPA-PLG and the Governor.
- We should collect a list of **barriers** from local communities. *Healthy Schools* has a list of barriers schools are facing when trying to create healthy activity policies. *Donna Johnson* will be interviewing the STEPS communities soon to survey State Plan, she will ask about barriers and challenges that the communities face.
- We should solidify a set of legislative priorities for NPA-PLG this year. This was important last year because we were better able to support each other.
- We should create a set of policy principles similar to “*10 Drug and Alcohol Policies that Will Save Lives*” (www.jointogether.org/sa/files/pdf/10policies.pdf), to clearly communicate the NPA priorities.
- Crosswalk the policy language in the Washington State Nutrition and Physical Activity State Plan with the **pending** NPA PLG policy priorities from 2004 state legislative session. Integrate information on local level policy challenges.
- This tool will be helpful for the legislative session, communicating with the GMAP committee and developing a vision for NPA PLG.

VII. NEXT STEPS FOR NPA-PLG

DECISIONS:

- Monitor Healthy Washington process.
- Capture new policy priority ideas.
- Integrate local input on barriers and community needs.
- Invite a legislator, or Mike and Kristen, to present information on the legislative process.
- Identify policy champions for certain bills, and agree on collective advocacy for others.
- Recruit new members, especially minority groups
 - ➔ **send contact information for new members**to Teresa Mosqueda, tmosqueda@doh.wa.gov, 360-236-3797.

To Do:

- **Send new policy ideas by Monday, August 8, 2005:**
to Vic Colman @ victor.colman@doh.wa.gov
- Create a **policy priorities document**:
 - Use legislative summary to identify pending policies, add any additional policy ideas, and update 2004 policy priorities.
 - **Send a draft document to the group by Wednesday, August 10, 2005**
- **Provide input on draft policy document by Monday, August 22, 2005**
to Vic Colman @ victor.colman@doh.wa.gov.

HANDOUTS AVAILABLE AT THE MEETING:

- Washington State Nutrition and Physical Activity State Plan
http://www.doh.wa.gov/cfh/NutritionPa/wa_nutrition_pa_plan.htm
- Nutrition and Physical Activity: A Policy Resource Guide
http://www.doh.wa.gov/cfh/steps/publications/nutrition_activity_policy_guide_final.pdf
- The Cost of Physical Activity in Washington State
http://www.doh.wa.gov/cfh/NutritionPa/publications/the_cost_of_inactivity.pdf
- NPA-PLG – 2004 – Key Documents (agenda, meeting record, work product)
http://www.doh.wa.gov/cfh/steps/npa_plcy_grp.htm **(note new web address)**
- Example of policy priority brief:
www.jointogether.org/sa/files/pdf/10policies.pdf
- Group Charter
- Current Policy Resources List
- 2005 Legislative Scorecard
- Current Contact List